



THE ADVENTURE



FEBRUARY 2026

PRESIDENT'S ARTICLE

by KARYL CIMINI

Change is inevitable....

As we step into our second month of 2026, we as a congregation are, indeed, facing changes. These changes we face have many points of view. I like to look at our future as a window of opportunity.

We, as a congregation, are not the same as we were 8 years ago, when we last experienced a change in pastoral leadership. Part of the process of calling a new pastor is to take time to re-evaluate where we are and where we want to go. Utilizing our thoughts and ideas about where we want to go will help us in our search for a pastor who will have the ability to prophetically guide us in the appropriate direction.

Looking ahead, where do you want to see this congregation? Going back to the way it was is not an option. What large scale, out of the box ideas do you have for our Advent Family? What is your vision for our future? We cannot remain stagnant, we must find a way to become more relevant, visible and present in Citrus Heights. I know there are ideas out there - we need to find what will best suit

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COUNCIL CONNECTION

BY DEAN HENRICKS, VICE-PRESIDENT

There are many reasons for a pastor to leave a congregation retirement, another call, or personal reasons. No matter the reason, there will be a period of adjustment for the congregation. Some members of the congregation might feel sad, abandoned, or betrayed, while others might feel relief or even joy at a pastor's departure. From all places on the emotional spectrum there will be some who want to move ahead quickly, often ignoring the emotional work that is critical in transition time. Congregation members must be allowed to process their feelings in order to prepare for the next pastor. Processing emotions takes time and should not be minimized. Transitions are an opportunity to develop new ways of being, of going deeper in discussions about what it means to be a congregation, of taking time to consider how ministry and the church might be changing, of considering what the

future might hold for your congregation. This statement was taken from "When Your Pastor Leaves: a guide for congregational councils" which was provided to us by the synod. Most of your council members remember when Pastor Olsen retired and the process we went through in calling Pastor Gabi, but not as council members. We have had our first Zoom meeting with the bishop's representative who outlined the synod's guidelines for the process of transitioning from a fulltime pastor to an interim pastor and then calling a pastor. Nancy will be supplying us with supply pastors until we select an interim/transitional pastor which may take a while. We will be appointing a transition committee and a call committee, which may be the same individuals. We were told to expect the process to take about a year, but it could be less or possibly more. If I remember



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COUNCIL CONNECTION CONTINUED...

correctly, I believe Pastor Cindy was with us about two years as an interim pastor before we called Pastor Gabi.

Bear with us, we will be following synod guidelines, but we also have several things to consider. Do we want a full time or part time pastor as our interim pastor? Will we consider a recent graduate or retired pastor? And I am sure there will be more questions coming before us.

We as your church council want to be transparent during this process and this transparency needs to go both ways. If

you have ideas or suggestions, let a council member know. Your input is valuable to us.

Let's us all work together to make this process proceed as smoothly as possible.

We also want to thank Pastor Gabi for her service to the Advent family and wish her the best on her new adventure with a new congregation.

Dean

VALENTINE'S DAY PRAYER

God of Love, I lift up every heart before You. May Your unfailing love embrace those who feel alone, comfort those who are hurting, and remind us all that we are deeply cherished by You. Fill every soul with joy, every home with peace, and every heart with the warmth of true love—love that is patient, kind, and unconditional. Bless the friendships, relationships, and families that bring us closer to You. May today be a beautiful reminder that the greatest love of all is the one You freely give us every single day. In Jesus' name, Amen.



WAYS TO WELLNESS

BY ARLYS CLINTON

TELL ME SOMETHING GOOD

Recently, I shared a Chinese dinner with friends. At the end of the meal we each shared our "good fortune" cookie note. Something so simple and "every day" can be delightful when shared with friends. Today, I'm sharing the "good fortunes" with you my friends! Sharing Something Good with others is such a lovely "Way to Wellness"!

Also, take a look at the linked article below, "**85 Wellness Ideas You Can Start Today for a Better Life**". The goal—living a life where we are not just surviving but actually thriving!



This May, you will find inspiration in unexpected places.

A close-knit family is a treasure beyond measure.

Focus on self-care and self-love in February.

Let life take you to amazing places beyond your dreams.

Your dreams are closer than you think; anticipate them.

Doing what you love is freedom. Loving what you do is happiness.

Here's the link to the article:

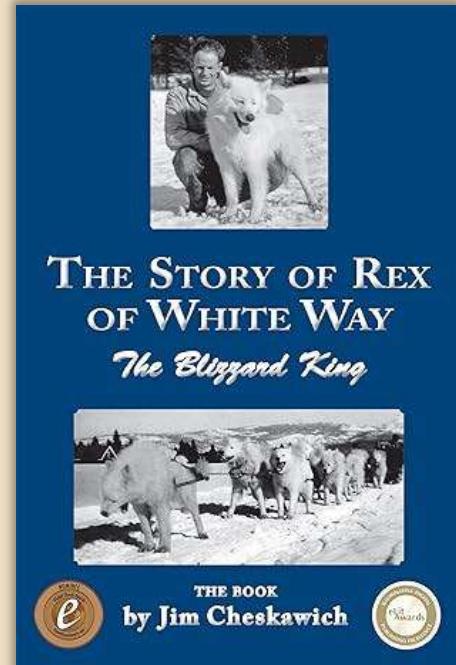
<https://isabelledias.com/wellness-ideas-list/>



BOOK CLUB

Our book club meets monthly on the 3rd Monday of the month at 7pm via Zoom. The next meeting is on February 16th. The book club has selected "*The Story of Rex of White Way—the Blizzard King*" for February's discussion:

The Maxwell Award winner in February 2014 as Best Single Breed Book in the Dog Writers Association of America competition. Gold medal winner in April 2013 for Best in Animals/Pets in a Global e-Lit competition. Silver medal winner in August 2013 in Animals/Pets-Nonfiction in a different Global e-Book competition. This is a real life hero dog you can believe in. If you like dogs and adventure stories, you will like Rex! An historical biography with easy to read text and color and black and white illustrations of a great Samoyed dog who lived from 1946-1957 in California and was involved in over 30 human rescues, set a world record in weight pulling, was on the U.S. mail run, won many speed and freight races, delivered the doctor to the snowbound City of San Francisco in 1952 stuck at Yuba Gap near the Donner Pass, was a show dog, worked in TV and on a movie set, and is behind almost every living Samoyed in the U.S.



*All are welcome to join the discussion.
Contact Beth Mora
at emorab@comcast.net for the Zoom
link. We'll look forward to seeing you!*

HART HAPPENINGS

BY BARBARA OLSON

Thank you for your response to the call for volunteers to assist Holy Family during the first week of Winter Sanctuary this year. Although we didn't have a large number of guests, we had plenty of good food and were able to provide what the guests needed to stay safe and warm.

Winter Sanctuary is now beginning its fifth week and we still have not reached our maximum capacity of 20 guests. While that is disappointing, we have been able to provide the guests with regular contact with the navigators who help them access services that are available to them including housing. They are able to shower regularly, get laundry done twice a week, have medical attention including immunizations, attend NA and AA meetings and receive a warm personal welcome each night when they arrive. Barbara and Amy are each volunteering two nights each week at the intake at Messiah Lutheran Church and getting to recognize the names and faces of guests whom we might later encounter on the street.

Please continue to keep the volunteers and guests in your prayers. If you wish to donate funds, place it in an offering envelope designated for "Winter Sanctuary".



Guests line up to store their belongings before checking in for Winter Sanctuary



Beauticians volunteer weekly to provide haircuts

GAME DAY & SUPER BOWL PARTY



All are invited to attend Advent's Super Bowl Watch Party and Game Day on Sunday, February 9 in the Fellowship Hall, sponsored by the Fellowship and Wellness Committees.

Come at 2 PM to play cards, tile, or board games and socialize with friends. A large variety of games will be available. You can bring your own games, as well.

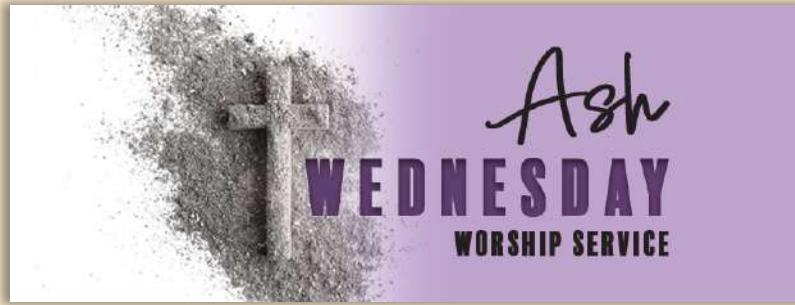
Around 3:30 PM, we'll watch the football game on the big TV in the Fellowship Hall. Those who are not interested in the game, please feel free to continue with your games or knitting projects while football fans gather in front of the TV.

Please bring a hearty dish to share for the afternoon and evening. Also, please bring your own drinks.

QUESTIONS? CONTACT KEN OR KATHY JOHNSON

ASH WEDNESDAY

Please join us for worship and the Imposition of Ashes on Wednesday, February 18 at either noon or 6 PM. Together we will begin our journey through the 40 days of Lent as we not only focus on our own mortality, but on God's redeeming love.



LENT 2026

How We Grow... Practicing Spiritual Disciplines

**Wednesdays during Lent
1 PM**



LENTEN LUNCHES

Please join us Wednesdays during Lent for lunch and a series on Spiritual Disciplines. Similar to the Breakfast Church held at the end of December, we will meet in the Fellowship Hall to share a short mid-week service and yummy meal.

Watch for more details!

PASTOR GABI'S FAREWELL

Sunday, January 25th was a wonderful celebration of Pastor Gabi's years of ministry with us here at Advent! A touching worship service was followed by a terrific, warm-your-soul luncheon of homemade soups and sandwiches. Thank you to the Fellowship Committee for coordinating the luncheon!



A panoramic view catches *almost* everyone at worship!



A Suncatcher replica that Council President Karyl Cimini made of the stained glass piece that is being created as a gift to Pastor Gabi from the congregation.

Pastor Gabi designed this cross as Advent's logo several years ago. Now it can be with her always!



Pastor Gabi being served a sample of one of the 6 delicious soups available! (See the Fellowship Committee Thank You note on page 14 of this newsletter).

FEBRUARY WORSHIP VOLUNTEERS

DATE	2/1	2/8	2/15	2/18 Ash Wed.	2/22
GREETER	Karyl Cimini	Lanny Johanek	Suzane Henderson	N/A	Tom & Cornelia Chancellor
PASTOR	Michael Meyer	Bruce Hannem	Greg Ronning	Misty Lampshire	Bruce Hannem
ASSISTING MINISTERS	Debbie Leporini	Pat Johnson	Melanie Chancellor	Dean Henricks (12) Pat Johnson (6)	Luke Patterson
LECTORS	Karyl Cimini	Robin Bevier	Cornelia Chancellor	Barbara Olson (12) Tolman Family (6)	Carol Crespo
COMMUNION ASSISTANT	Altar Guild	Altar Guild	Altar Guild	Altar Guild	Altar Guild
ALTAR FLOWERS	Leslie Scheurer	Available	Barbara Olson	N/A	Available
AV TECH	Nolana Mymka	Bruce Hansen	Bruce Hansen	Nancy King (12)	Noah Qalliu
LIVESTREAM TECHIE	Adam Pollock (Nolana Mymka on 1/18)				
USHERS	** Phil Davidson, Rick Hermanson				
ALTAR GUILD	TEAM A: ** Shirley Cleveland, Rosemarie Qalliu, Sally Smith				

FEBRUARY BIRTHDAYS

Jann Knutson Feb. 5
Bob Mathews Feb. 6
Sharon Bancroft Feb. 11
Anna Lee Bjork Feb. 13

Inge Clarke Feb. 17
Betty Rockwell Feb. 19
Joyce Montag Feb. 26

FEBRUARY ANNIVERSARIES

Bruce & Mary Hansen Feb. 17
Keith & Pat Johnson Feb. 23



GREETINGS FROM MARY TOUTONGHI

Twila Engler shared the following greeting from Mary:

I have been here in Spokane since mid-July. I sold my house and have relocated. I rejoined St. Mark's Lutheran Church where I was baptized and confirmed. I attend the Tuesday Scripture class. It has all been so welcoming! I have season tickets to the symphony and attend a Friday music organization monthly. I like where I live and have been totally healthy since here in July. I attend 5 exercise classes a week.

Love, Mary



If you'd like to reach out to Mary, please call the church office for her current address at South Hill Village senior living community.



ADVENT CALENDAR

FEBRUARY 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30am Worship Service with Holy Communion www.youtube.com/@Advent_Citrus_Hightsstreams 1:30pm Girl Scouts 6:00pm Sunday Night HOW AA Group	2 9:30am Offering Counters 6:00pm AA Meeting	3 12:00pm AA Meeting - One Day at a Time 1:30pm Social Knitters 3:30pm Grace House Distribution 5:30pm CPR Class 7:00pm Christian Education Committee (ZOOM)	4 10:00am AA Meeting - Sierra Wednesday Group 3:30pm Sanctuary Choir Rehearsal	5 9:00am - 12:00pm Underground Clothing Connection - Appt. Only 5:30pm - 8:30pm Knitters Guild	6 1:00pm Ways to Wellness 1:30pm Bell Choir Rehearsal	7 10:00am - 2:00pm CPR Class
8 9:30am Worship Service with Holy Communion www.youtube.com/@Advent_Citrus_Hightsstreams 2:00pm All Church Game Day 6:00pm Sunday Night HOW AA Group	9 9:30am Offering Counters 11:00am Bunco Babes 6:00pm AA Meeting	10 12:00pm AA Meeting - One Day at a Time 1:30pm Social Knitters 3:00pm Finance Committee ZOOM Meeting 3:30pm Grace House Distribution 4:00pm Executive Committee - Zoom 5:30pm CPR Class	11 10:00am AA Meeting - Sierra Wednesday Group 3:30pm Sanctuary Choir Rehearsal	12 9:00am - 12:00pm Underground Clothing Connection - Appt. Only 6:00pm Church Council Meeting	13 1:30pm Bell Choir Rehearsal	14 Valentine's Day 8:30am Stern-Johnson Bike Club 10:00am - 2:00pm CPR Class
15 9:30am Worship Service with Holy Communion www.youtube.com/@Advent_Citrus_Hightsstreams 6:00pm Sunday Night HOW AA Group	16 President's Day Office Closed 6:00pm AA Meeting 7:00pm Zoom Book Club	17 9:30am Offering Counters 12:00pm AA Meeting - One Day at a Time 1:30pm Social Knitters 3:30pm Grace House Distribution 5:30pm CPR Class	18 Ash Wednesday 10:00am AA Meeting - Sierra Wednesday Group 12:00pm & 6:00 pm Ash Wednesday Service 3:30pm Sanctuary Choir Rehearsal	19 9:00am - 12:00pm Underground Clothing Connection - Appt. Only 6:30pm Park Oaks Neighborhood Association Meeting (Area 5, PONA)	20 1:30pm Bell Choir Rehearsal 3:00pm Advent North - Worship & Fellowship	21 10:00am - 2:00pm CPR Class 5:00pm Mexican Train Dominoes
22 9:30am Worship Service with Holy Communion www.youtube.com/@Advent_Citrus_Hightsstreams 6:00pm Sunday Night HOW AA Group	23 9:30am Offering Counters 10:00am Serve Lunch @ St John's Program for Real Change 6:00pm AA Meeting	24 12:00pm AA Meeting - One Day at a Time 1:30pm Social Knitters 3:30pm Grace House Distribution 5:30pm CPR Class	25 10:00am AA Meeting - Sierra Wednesday Group 1:00pm Lenten Luncheon 3:30pm Sanctuary Choir Rehearsal	26 9:00am - 12:00pm Underground Clothing Connection - Appt. Only	27 1:00pm - 3:00pm Remember Herb Lindner Day 1:30pm Bell Choir Rehearsal	28 8:30am Stern-Johnson Bike Club 10:00am - 2:00pm CPR Class

Happy Valentine's Day



SCFM WINTER REPORT 2026



We are grateful to share the impact your generosity made in 2025. During the holidays and the government shutdown, the demand for food assistance reached unprecedented levels.

When we asked for help, you responded abundantly. Thanks to food drives hosted by local businesses, schools, churches, neighborhood associations, and service organizations, as well as generous individual donations, we were able to meet holiday needs and begin the new year with well-stocked shelves.

In 2025, Sunrise Christian Food Ministry served 29,863 households, reaching 85,885 individuals. We are especially proud of our work supporting seniors and individuals experiencing homelessness. Through our senior hour, home deliveries, and offsite distributions, we served 4,150 seniors, while our daily snack bag program provided 557 homeless neighbors with food and a welcoming place to connect.

Altogether, the ministry distributed 1.8 million pounds of recovered food from partner stores and 500,000 pounds of fresh produce and canned goods from the Federal Government and Sacramento Food Bank & Family Services. We give thanks to God for His faithfulness in providing both the food and the volunteers needed to serve our community (150+ volunteers monthly, serving 15,300 hours in 2025).

We are also grateful for grant-funded support from the City of Citrus Heights, Republic Services, Dutch Bros, The Church of Jesus Christ of Latter-day Saints, SMUD, Sacramento County, Abound Food, Sacramento Food Bank & Family Services, PG&E, Cricket Wireless, and many faith-based, business, and civic partners. This support allowed us to increase service capacity, improve infrastructure, and continue our partnership with Advent Lutheran Church through a 10-year lease agreement extending through 2035.

Thank you for being faithful supporters of this ministry. As we begin 2026, we ask for your continued prayers for financial resources, donations for our homeless pantry, and strength and good health for our volunteers as they serve as the hands and feet of Jesus.

With gratitude,

The Board

Sunrise Christian Food Ministry

THANK YOU!

The Fellowship Committee sends their appreciation to everyone who helped with Pastor Gabi's farewell lunch. We wish to especially thank those who contributed all the wonderful soups:

Lanny Johanek for the Split Pea with Ham

Karen Franz for the Italian Zuppa

Kathy Johnson for the Beef with Barley

Linda Belchem for the Bacon Corn Chowder

Jenny Stern for the Midwest Chili (plus cornbread muffins)

Nancy King for the Creamy Tomato

Further thanks need to be extended to Cornelia and Tom Chancellor for providing the Grilled Cheese sandwiches.

Thanks for the table decorations go to Pat Johnson.

Cookies were provided by Pat Johnson, Maggie Ciak, Barbara Olson, Barbara Wammer, and probably a few others who donated out of the goodness of their hearts.

Lastly, all those who helped with the set-up and clean-up are greatly appreciated.

Thank you all!

Linda Belchem



Quotables:

“You will find as you look back upon your life that the moments when you have truly lived are the moments when you have done things in the spirit of love.”

~ Henry Drummond



TREASURER'S REPORT

PROFIT & LOSSES DECEMBER 2025



	TOTAL
Income	
4000 Budgeted Offering	20,550.49
Total 4030 Facility Use	813.00
4035 Interest Earned	5.66
4050 SCFM Rent	1,200.00
Total Income	\$22,569.15
GROSS INCOME	\$22,569.15
Expenditures	
Total 6000 Personnel	14,150.81
Total 6220 Payroll Taxes and Benefits	2,444.39
Total 7030 Finance	146.20
7050 Property	24.89
Total 7080 Worship & Music	905.51
Total 8190 Office Expense	472.71
8260 Church & Casualty Insurance	1007.45
Total 8280 Service Contracts	3,758.46
Total 8330 Utilities	1,234.67
8345 Bank Charges	8.06
Total 8350 Benevolences	2,827.10
Total Expenditures	\$26,980.25
NET OPERATING REVENUE	-\$ 4,411.10

REPORT PROVIDED BY
 POWERS BOOKKEEPING SERVICE, INC.
 MANY THANKS!



PRAYER CHAIN INTERCESSIONS & THANKSGIVING

PLEASE REMEMBER IN PRAYER

Patty Barnes, sister of Russell Beeck and Carol Whyte, who was diagnosed with kidney cancer in mid-2024. Prayers for the success of her cancer treatment in stopping the progress of the disease.

Marcia Becwar, a close friend of Jenny Stern, who is undergoing treatment for recurring cancer. Please pray for Marcia's comfort and successful treatment.

Greg Bell, the husband of Steve Cook's niece. Greg has been diagnosed with a tumor on his leg, but—for now—his doctors are just observing it. Let us pray that Greg's tumor won't grow or turn malignant.

Lou Braafladt, Twila Engler's son-in-law, who has been diagnosed with non-Hodgkin's lymphoma and will be undergoing chemotherapy. Please pray that the treatment is successful and that Lou experiences minimal side effects.

Ted Hansen, who has been placed on hospice care. Please pray for God's comfort and peace for Ted and his family.

Kris Heath, who fell and has a small fracture in her back. Kris had a procedure while in the hospital that is helping to manage her pain, and she is now home. Kris and Terry's son, Kevin, is staying with them for now. Please pray that Kris continues to find relief from pain and that her healing goes smoothly.

Jeff Henry, Kathy and Ken Johnson's son-in-law, who is nearing the end of his chemotherapy for pancreatic cancer! Jeff is doing well at this point. Please continue prayers that his treatments are successful.

Judy, Rosabella's grandmother, following hip replacement surgery after a fall. Let us pray that Judy's recovery goes smoothly.

PRAYERS CONTINUED...

Tom Kent, prayers for increased physical strength and mobility, and the optimal functioning of his main medical devices.

The family of Herbert Lindner, Jr., who passed into life eternal on Christmas Eve morning. Let us pray that they may be comforted in their grief and be at peace.

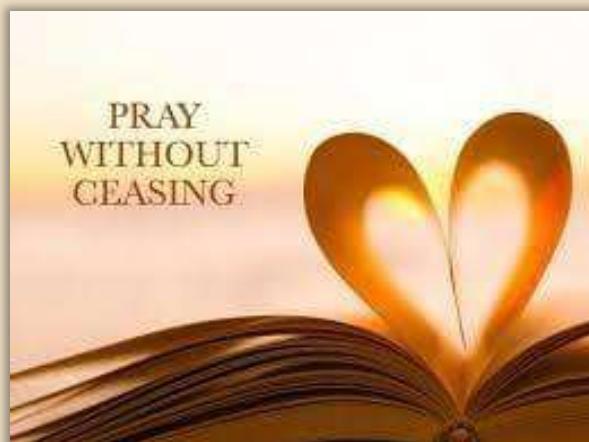
Val McGuire, a friend of Phil Davidson's daughter, Karen. Val was diagnosed with terminal cancer and has recently started hospice care. Please pray that Val and family may know God's peace during the days ahead.

Steve Moore, Pat & Keith Johnson's son-in-law, whose father passed into life eternal last month. Please pray that Steve and his family may know God's comfort as they mourn.

Betty Rockwell, as she lives with the long-term effects of a stroke. Please pray for comfort and patience for Betty.

Joy Rowland, who has finished radiation treatments for uterine cancer. Let us pray that the treatments Joy endured will be successful in fully eliminating the cancer.

Wayne Swanson, Raeanne Barrs' dad, who has begun dialysis. Please pray for comfort for Wayne and peace for Raeanne and her family.



PRESIDENT'S ARTICLE CONTINUED...

(continued from page 1)

us - and then pursue that goal.

This journey of change is for all of us to participate in - an opportunity for everyone to be heard. When you're asked for input - don't hesitate to respond. As a college professor once told me - 'everyone deserves to be heard.'



As we look to the future, we recognize that we are an aging congregation, but we have the potential to make a difference. How? Let's explore this together - put our heads together and figure out where it is that God is guiding us to. Yes, physical activities can be

challenging, but there are other ways we can make a difference. It's just a matter of finding our place.

We also have a lot of potential with this campus - particularly "the back 40." Where can we go with all that open space on the back of our campus? What can we do to help with improving our community (and our campus) by making good use of that land? I believe this will be a part of our exploration process as well.

So, as we transition into the next phase of Advent Lutheran Church in Citrus Heights, may we all feel the presence of God and His guidance for us. We know there will be some "speed bumps" along the way (that's to be expected), we just need to keep our eyes on what is waiting for us over this hill of transition.

God's peace to all,

Karyl

TO THE RESCUE!

Many thanks to the family of Herb Lindner, Jr. for donating a refrigerator for us to use in the Fellowship Hall after our big refrigerator stopped working. And thanks also to the crew who helped move it from Herb's house to the church (Bruce Hansen, Tony Bubba & Ken Johnson)!



OUR RWANDA COMPANION CONGREGATIONS

Pastor George, of the Nyagashanga Parish, has shared with us that they have had the last of **many** meetings for the church on a district level (which includes about 1,000 Christians). The meetings cover the government's rules and regulations.

Congregations need to submit still more forms to the Lutheran Church in Rwanda Office and then to the Rwanda Governance Board, and hope to eventually obtain accreditation, allowing them to return to worship in their churches (as opposed to homes, as shown in the picture on the right). Please keep our Rwandan brothers and sisters in Christ in your prayers as they navigate this process.



DID YOU KNOW?

Everyone knows that February is the shortest month of the year; but did you know:

- It is the only month that can pass without a full moon
- It is often listed among the most commonly misspelled words in English
- While it is winter in the Northern Hemisphere, it is the height of summer in the Southern Hemisphere

Now you know!!

FEBRUARY



ADVENT LUTHERAN CHURCH

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CITRUS HEIGHTS, CA 95628

WWW.ADVENTCITRUSHEIGHTS.ORG WWW.FACEBOOK.COM/ADVENTCITRUSHEIGHTS 916.966.7242

**ADVENT'S MISSION:
THROUGH GOD'S
GRACE, WE GATHER,
WORSHIP, GROW,
AND CARE**

GIVE PLUS⁺

Please do not forget to send in your offerings or sign up for GIVE PLUS+, a service of VANCO, Advent's online giving service provider. A new GIVE PLUS MOBILE app for both iPhone and other smart phones allow you to donate from your mobile device. The app is available on the Apple App Store or From Google Play.

NOW, for your convenience,

'Online Giving' link is LIVE on Advent's website, in the upper right corner